

Guy's Grooming Guide for Prom

Prom season is around the corner and you can be sure that all of your girl friends are already prepping for the "big night." Whether you're going with a special someone or just a group of friends, look your best with this quick and easy Guy's Grooming Guide:

Have a Pimple-Free Prom

Help treat and prevent acne with a cleanser and/or spot treatment that contains salicylic acid. NEUTROGENA® MEN® SKIN CLEARING ACNE WASH helps clear breakouts and prevents new ones. The formula cleans deep into pores to minimize breakouts and ingrown hairs that are often associated with shaving and keeps your skin clear.

Switch Up Your Look

Want to surprise your friends when you show up to prom? Contact lenses are a great option that can instantly change your appearance – and boost your confidence! Talk to your eye care professional about a daily disposable lens, such as 1-DAY ACUVUE® MOIST® Brand Contact Lenses, which is one of the healthiest, most convenient ways to wear contact lenses.

Be the Guy with "Great Hair"

Hair style doesn't require lots of styling products – the best style starts with clean and well-conditioned hair. So lather up every other day with a shampoo and conditioner using lukewarm water. NEUTROGENA® TRIPLE MOISTURE® CREAM LATHER SHAMPOO and DAILY DEEP CONDITIONER contain three naturally derived extracts that penetrate the hair strand to defy dryness for clean, easy-to-style hair after every wash.

Breathe Easy

Believe it or not, your mouth contains more germs than there are people on earth! So, make sure oral health is a priority by flossing daily and rinsing with an antiseptic mouthwash for a healthy, confident smile. In a pinch, stash some REACH® TOTAL CARE Floss in your pocket to remove any "unwanted leftovers" after you eat. You can also try LISTERINE® POCKETPAKS® to discreetly freshen up on the go and kill the germs that cause bad breath.

Don't Sweat the Small Stuff

Don't forget to put on your deodorant or a deodorant with an antiperspirant (a deodorant masks odor, whereas an antiperspirant helps decrease sweating) so you can dance up a storm without breaking a sweat.



Important information for contact lens wearers: ACUVUE® Brand Contact Lenses are available by prescription only for vision correction. An eye care professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye doctor. Do not wear contact lenses if you have an eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, contact your eye doctor immediately. For more information on proper wear, care and safety, talk to your eye care professional and ask for a Patient Instruction Guide, call 1-800-843-2020 or visit www.Acuvue.com.

¹ Walline JJ, Jones LA, Sinnott L, et al; the ACHIEVE Study Group. Randomized trial of the effect of contact lens wear on self-perception in children. *Optom Vis Sci* 2009;86(3).

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